

**Apples  
Pomegranates**

# Seasonal Eating

**December**

## Apple Variety Match Up

**THIS MONTH I USED THE FEATURED PRODUCE ON THESE DAYS:**

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Apples are a staple of the holiday table in everything from appetizers and salads to main dishes and desserts. There is nothing like the smell of an apple pie or apple cake in the oven when you come in from the cold and they add juiciness and crispness to holiday salads. They pair well with many other holiday flavors like peanut butter, caramel and cinnamon. Many types of apples are grown right here in Tennessee. But with so many varieties it is hard to know which is best for a certain recipe so here is a chart to help you decide which locally grown apples are best for your use:

Baking/Pies	Sauce	Fresh/Salads	
Golden Delicious	Golden Delicious	Arkansas Black	Jonagold
Granny Smith	Granny Smith	Fuji	Stayman
Jonagold		Gala	
Mollie Delicious		Ginger Gold	
Stayman			

Here are some equivalents that may be useful as you work with apples:

- 1 pound = 3 medium apples = 2 cups sliced
- 3 pounds = 9" pie
- 1 peck = 10-12 pounds = 7-9 pints frozen = 4 quarts canned
- 1 bushel = 42-48 pounds = 30-36 pints frozen = 16-20 quarts canned

## The Power of Pomegranates

Pomegranates are a beautiful, interesting and tasty fruit that can be used for culinary purposes as well as decorative. Most of the pomegranates are grown in California. They are picked ripe and then shipped, ready to eat in November and December, just in time for your holiday needs.



Pomegranates are a good source of vitamin C and potassium and contain several phytochemicals similar to blueberries and cherries.

The edible part is the seed sacs (called arils). You can eat the crunchy seeds or you can juice

the sacs (or buy juice) and use it in sauces, marinades and beverages. The crunchy seeds can be used in a fruit salad or sprinkled over a green salad. They are also great sprinkled over desserts. Try a pomegranate this holiday season for an interesting surprise!

### Did You Know?

- Pomegranate juice stains and has often been used as a natural dye.
- Originally, grenadine was prepared with a reduction of pomegranate juice and sugar.
- Don't peel your apple—2/3rds of the fiber and many of the antioxidants are found in the peel.
- The largest apple ever picked weighed 3 pounds.
- It takes the energy from 50 leaves to produce one apple.



## Opening a Pomegranate

Pomegranates are filled with hundreds of arils (seeds surrounded by juice sacs). To remove the arils follow three easy steps:

1. Cut off the "crown", then score the outer layer of skin into sections.
2. In a large bowl of water, break apart the sections. Roll out the arils with your fingers. The arils will sink to the bottom while the membranes will float.
3. Scoop off the membranes and strain the water. The arils are ready to use.



To release the juice from the arils you can use a hand juicer to squeeze out the juice (if you use an electric juicer be careful not to juice the membranes as they are bitter). Another method is to put the arils in a blender and liquefy them. After either method place in a cheesecloth lined sieve to remove any seeds or pulp left. Be careful as you do this since the juice will stain.

1 Pomegranate = 3/4 cup arils  
1/2 cup juice

## Pork Tenderloin with Apples

- 2 pork tenderloins
- Salt to taste
- 3 strips bacon
- 1/4 cup cider vinegar
- 1/4 cup apple juice
- 1/2 cup water
- 1/4 cup sugar
- 2 teaspoons cornstarch, in 2 tablespoons water
- 2 apples, Jonathan, cored and cut in wedges

Trim pork. Salt and pepper to taste. Set aside. In large frying pan, fry bacon until crisp. Remove from pan, crumble and reserve. On medium low heat, add pork to the bacon drippings in the pan. Brown on all sides and cook until thermometer reaches 160 degrees. Remove and place on platter, cover to keep warm. Combine vinegar, apple juice, water and sugar. Add to pan drippings with apples. Bring to boil and reduce liquid until apples are tender. Add cornstarch mixture and cook until thickened. Add bacon and pour over pork.



## Winter Fruit Salad

- 3-4 medium apples, cored and cubed
- 1 banana, cut into chunks
- 20 red seedless grapes, halved
- 1 20-ounce can pineapple chunks, drained
- 1 11-ounce can mandarin orange segments, drained
- 1 10-ounce jar red maraschino cherries, drained and halved
- 1/2 cup pomegranate arils
- 12 dates, cut into thirds
- 1/4 cup raisins
- 1/4 cup chopped pecans
- 1 pint heavy cream
- 1/4 cup powdered sugar or to taste
- 1 teaspoon vanilla extract

Combine apple, banana, grapes, pineapple, oranges, cherries, pomegranate arils, dates, raisins and pecans in large bowl. In mixing bowl, whip cream until soft peaks form. Add powdered sugar and vanilla and continue whipping until stiff peaks form. Fold whipped cream into fruit mixture. Chill and serve.



## Pomegranate Cranberry Punch

- 1 1/4 cups simple syrup (see below)
- 1 1/4 cups pomegranate juice
- 1 cup cranberry juice (not cocktail)
- 1 bottle sparkling apple cider

Chill all ingredients. Combine simple syrup and juices. Just before serving, pour in cider and serve in tall champagne glasses garnished with a slice of lime and sprig of mint.

For simple syrup, bring equal measures of water and sugar to a boil, reduce heat and simmer for 5 minutes until sugar dissolves. Cool.